



NUTRITION, BRAIN, AND BEHAVIOR

NUTB 0243

COURSE PROFILE

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Residency September 30-31,
9-12:15

Office Hours By Appointment

Graduate Credits 1.5 Semester
hour units (SHUs)

Prerequisites: General
Nutrition & a
Physiology/Mammalian
Biology Class.

TEXTS

Nutrition and Behavior: A
Multidisciplinary Approach,
2nd Edition, by Worobey,
Tepper, and Kanarek, ©2015.

Diagnostic and Statistical
Manual of Mental Disorders,
Fifth Edition.

Optional: Psychological
Science, 5th Edition, by
Gazzaniga, Heatherton, and
Halpern.

➤ COURSE OBJECTIVES

This course examines the bidirectional relationship between food consumption and human behavior, i.e. how our dietary choices influence behavior and vice versa. The semester will be divided into two components: (1) how nutrition impacts the brain and behavior and (2) how cognitions impact food choice and intake.

➤ MEASURABLE LEARNING OUTCOMES

CRITICALLY READ PEER-REVIEWED ARTICLES

By this point in your graduate career, you likely have experience reading and interpreting peer-reviewed articles. In this course, you will build on this skill by analyzing individual articles for strengths and weaknesses beyond those stated in the Discussion section, and learn how to synthesize the findings from a particular area of interest.

BECOME A JACK OF ALL TRADES, A MASTER OF ONE

In order to get a taste of the scope of research in the field of nutrition and cognition, you will read articles on a variety of topics, ranging from caffeine and performance to eating disorders and food restriction. You will also choose one topic you find interesting and delve into it in more depth.

ACTIVELY DISCUSS RESEARCH

Much of the class will be discussion-based in the form of online forums. Be prepared to voice your thoughts, ideas, and criticisms about the readings.



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➤ COURSE REQUIREMENTS

1. PANEL PRESENTATION

You will present as part of a panel discussion with your fellow classmates. Each panel will consist of 3-4 students presenting related research. You will choose one article to discuss as if you are the author at a conference symposium.

2. POPULAR PRESS ANALYSIS AND PRESENTATION

You will complete a three-part assignment in which you (1) choose a topic in the popular press, e.g., red wine reduces Alzheimer's Disease symptoms, (2) perform a literature review of peer-reviewed articles looking at this topic, and (3) present your findings to the class. Importantly, you will decide whether the scientific evidence supports the popular presses' claims. The details of this assignment will be distributed separately.

3. DISCUSSION FORUMS

The discussion forums will be two-part. The primary post will consist of thoughtfully answering a question pertaining to the weekly topic, similar to a response paper. Primary posts should be equivalent to two size-12 font, double-spaced pages. The primary post will help you to think about the research critically and provide the framework to further discussion. They must demonstrate your knowledge of both lecture and reading material. Primary posts will be due Thursday by midnight each week. The secondary posts (minimum two) will consist of responding to other students' primary posts. Secondary posts will be due Sunday by midnight each week. Forum posts must demonstrate understand of both lecture and readings.

➤ GRADING

Your grade will be based on the percentage of points, out of 300, that you can earn:

Panel Presentation	50 points
Final Project Topic Choice	30 Points
Final Project Literature Review	100 points
Discussion Forums	120 points



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➤ DEADLINES AND RECONSIDERATIONS

Deadlines exist for a reason. That said, for any number of reasons, you might request an extension. While permission may be granted, **one point will be deducted from the assignment for each day late.**

All assignments will be graded with great care as it is important to me (and to you!) that your scores reflect a valid estimate of your performance. Requests for reconsideration should be rare and only based on substantial evidence that the original score was invalid. In the event that you decide to make such a request, please note that it may be made no earlier than 24 hours and no later than 1 week after we post your grade. You must submit a written request (by email) indicating your rationale for why more points should be awarded, and (if applicable) a textbook page # or lecture as supporting evidence.

➤ ACADEMIC INTEGRITY

Each student is responsible for upholding the highest standards of academic integrity, as specified in the Friedman School's Policies and Procedures manual (<http://nutrition.tufts.edu/student/documents>) and Tufts University policies ([http://uss.tufts.edu/studentaffairs/judicialaffairs/Academic Integrity.pdf](http://uss.tufts.edu/studentaffairs/judicialaffairs/Academic%20Integrity.pdf)). It is the responsibility of each student to understand and comply with these standards, as violations will be sanctioned by penalties ranging from failure on an assignment and the course to dismissal from the school.

➤ STUDENTS WITH DISABILITIES

Tufts University is committed to providing equal access and support to all students through the provision of reasonable accommodations so that each student may access their curricula and achieve their personal and academic potential. If you have a disability that requires reasonable accommodations please contact the Friedman School Assistant Dean of Student Affairs at 617-636-6719 to make arrangements for determination of appropriate accommodations. Please be aware that accommodations cannot be enacted retroactively, making timeliness a critical aspect for their provision.



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WEEK	TOPIC	READING	ASSIGNMENTS
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HOW DOES NUTRITION AFFECT BEHAVIOR?

9/4	Introduction	Nutrition and Behavior: Chapters 2 and 3 Kalm & Semba (2005).	Forum #1
9/11	Macronutrients	Nutrition and Behavior: Chapter 11 Alvarez-Bueno et al. (2019). Dorling et al. (2020).	Forum #2
9/18	Micronutrients	Nutrition and Behavior: Chapters 7 and 8 Suh et al. (2020)	Forum #3
9/25 <i>Residency!</i>	Nutritional Supplements	Nutrition and Behavior: Chapters 9 and 12 Hidese et al. (2019). Lopresti et al. (2019).	Panel Presentation
10/2	Satiety and Food Choice	Nutrition and Behavior: Chapter 10 Knobl et al. (2022). Brown et al. (2020).	Final Project Topic Choice



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WEEK	TOPIC	READING	ASSIGNMENTS
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HOW DOES BEHAVIOR AFFECT NUTRITION?

10/9	Obesity	Hooper et al. (2021). Puhl (2020).	Forum #4
10/16	Eating Disorders	Nutrition and Behavior: Chapter 14 Nagata et al. (2020). Savidaki et al. (2020).	Forum #5
10/23	Final Topic	Khcharem et al. (2021). Pryde & Prichard (2022).	Final Project Lit Review Forum #6

HAVE A WONDERFUL SECOND HALF OF THE SEMESTER!